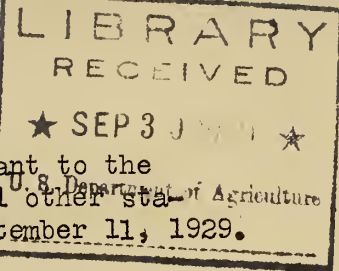


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THE HOUSEHOLD CALENDAR



A radio talk by Mrs. Rowena Schimdt Carpenter, assistant to the chief, Bureau of Home Economics, delivered through WRC and 31 other stations associated with the National Broadcasting Company, September 11, 1929.

—ooOoo—

How do you do, Homemakers!

While there is still such a variety of fresh vegetables on the market, I want to chat with you about their preparation in a number of delicious dishes. The days of over-cooking vegetables have long since passed, and the days of quick cooking have come to stay. We no longer see, smell or have to eat the dark colored, strong flavored four or five hour cabbage of an earlier generation, and the two or three hour string beans swimming in grease from fat meat are a thing of the past, too. Instead, we have five-minute cabbage and twenty or thirty minute beans. It was the scientific discovery of vitamins in foods that revolutionized vegetable cookery permanently, although even before we knew much about those important little substances so essential to our normal growth and health, we had cut down on the length of time or cooking vegetables for the sake of their palatability and digestibility.

Following a few general principles, all vegetables can be prepared so as to retain their flavor, color and other qualities that make them especially pleasing to the eye and the palate. First of all, remember to cook the shortest possible time to obtain tenderness. Longer cooking may destroy part or much of the vitamin content. In preparing some vegetables that contain protein as well as starch such as peas, the cooking is best done just below the boiling point. In other words, new peas become tender or are done sooner when simmered than when boiled. Second, remember to cook in the least possible amount of water, and to use all of the cooking water and juices which we often call "pot liquor." The mineral salts of vegetables which we need for building bones, teeth, red blood, etc., are very soluble. Part of the mineral content of the vegetable dissolves in the cooking liquor. Draining this away^{is}, therefore, a real nutritive loss. For the sake of palatability, a few strong flavored vegetables must be cooked in a good deal of water. This can either be used in making sauce or can be put in gravy or in the soup kettle.

The color of fresh vegetables is retained best when they are cooked without a cover. Some people use a little soda in cooking green vegetables to retain the color. This is an undesirable practice because soda destroys some of the important vitamins.

So much for general principles, and now for a few recipe suggestions.

I hope all of you who are listening in today have a copy of Aunt Sammy's Radio Recipes so you can refer to the chapter on vegetables and make some of the dishes I have suggested. While tomatoes are still plentiful, select firm ripe good-sized ones and bake them with a little salt, pepper and sugar and a few buttered bread or cracker crumbs. If celery is not too expensive on your market, combine some finely diced celery with stewed tomatoes, seasoned with salt, pepper, sugar, butter, and perhaps a whole clove or two and a piece of

bay leaf if you enjoy those flavors. And a little later just before the frost gets the last green tomatoes on the vine, give your family a treat by serving fried green tomatoes. You remember, I know, how to prepare them, in slices dipped in batter or in egg and cracker meal, and then cooked in a little fat.

Quickly cooked string beans, seasoned with butter or with bacon drippings, or served with cream sauce, buttered carrots and carrot custard, stuffed green peppers, and stuffed Spanish or Bermuda onions, any one of these dishes may bring variety into your menu. I spoke of five-minute cabbage, a dish that surprises and delights many people accustomed to longer-cooked vegetables. The cabbage is chopped very fine as for cold slaw, and is dropped into hot milk, cooked five minutes, seasoned with salt, pepper, and butter, and thickened with a little flour. Adding some cream of course increases the rich flavor of this dish, but is not necessary to make it delicious. Corn cut from the cob and cooked the same way is better known to most of us.

Remember to write to the Bureau of Home Economics, Department of Agriculture, Washington, for Aunt Sammy Radio Recipes if you haven't a copy. And now goodbye until next week when Dr. Stanley will be with me for an interview on The Use of the Temperature in the Household Refrigerator.

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